



3 FUNCTIONAL FITNESS PROGRAMS FOR ADVANCED ATHLETES

NEVER STOP EVOLVING

PROGRAM 1: STRENGTH & POWER

DAY 1: LOWER BODY

	SETS	REPS/DURATION	NOTES
Squats	5	5 reps	Heavy weight
Deadlifts	3	8 reps	Moderate weight
Box Jumps	3	5 reps	Explosive
Bulgarian Split Squats	3	10 reps per leg	
Glute Bridges	3	15 reps	

DAY 2: UPPER BODY

	SETS	REPS/DURATION	NOTES
Pull-Ups	4	AMRAP	As many reps as possible
Bench Press	5	3 reps	Heavy weight
Dumbbell Rows	4	8 reps	
Overhead Press	3	6 reps	
Dips	3	12 reps	

DAY 3: CORE & CONDITIONING

	SETS	REPS/DURATION	NOTES
Plank	3	60 seconds	
Anti-Rotation Press	3	10 reps per side	
Medicine Ball Slams	3	15 reps	
Burpees	3	AMRAP	
Sled Pushes	3	30 meters	

PROGRAM 2: METABOLIC CONDITIONING

DAY 1: TABATA

Perform each exercise for 20 seconds, rest for 10 seconds, repeat 8 times.

	WORK	REST	ROUNDS
Jumping Jacks	20 sec	10 sec	8
Mountain Climbers	20 sec	10 sec	8
Burpees	20 sec	10 sec	8
Squat Jumps	20 sec	10 sec	8
Box Jumps (if available)	20 sec	10 sec	8
Push-Ups	20 sec	10 sec	8
High Knees	20 sec	10 sec	8
Plank	20 sec	10 sec	8

DAY 2: CIRCUIT TRAINING

Complete each exercise back-to-back with minimal rest. Repeat the circuit 3 times.

	REPS/DURATION	NOTES
Kettlebell Swings	10	
Jump Squats	15	
Push-Ups	20	
Pull-Ups (or assisted pull-ups)	10	
Box Jumps (or step-ups)	20	
Plank	30 seconds	

DAY 3: HIIT (HIGH-INTENSITY INTERVAL TRAINING)

Alternate between high-intensity work (80-90% effort) and low-intensity recovery (50% effort) for the specified durations.

	LOW-INTENSITY RECOVERY	ROUNDS
30 seconds sprint	60 seconds jog	5
45 seconds jump rope	60 seconds walk	4
60 seconds hill sprints	90 seconds walk	3

PROGRAM 3: UNILATERAL & BODYWEIGHT FOCUS

DAY 1: SINGLE-LEG STRENGTH

	SETS	REPS/DURATION	NOTES
Pistol Squats	3	5 reps per leg	
Single-Leg Deadlifts	3	8 reps per leg	
Reverse Lunges	3	10 reps per leg	
Step-Ups	3	12 reps per leg	
Bulgarian Split Squats (Single-Leg)	3	15 reps per leg	

DAY 2: PUSH & PULL

	SETS	REPS/DURATION	NOTES
Dips	4	AMRAP	
Push-Ups (multiple variations)	4	10-12 reps	
Pull-Ups (multiple variations)	4	AMRAP	
Inverted Rows	3	12 reps	
Single-Arm Rows	3	10 reps per side	Dumbbells or bodyweight

DAY 3: CORE & BALANCE

	SETS	REPS/DURATION	NOTES
Hanging Leg Raises	3	10 reps	
Side Plank	3	30 seconds per side	
Hollow Body Hold	3	60 seconds	
Single-Leg Balance	3	30 seconds per leg	

	SETS	REPS/DURATION	NOTES
Bird Dog	3	10 reps per side	

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.